

Kansas Kids Fitness and Safety Day Reaches 16th Year

The morning of May 5 started out as cool and rainy but it didn't dampen the spirits and enthusiasm of over 17,000 third-graders as they participated in the 16th annual Kansas Kids Fitness and Safety Day at 45 sites across the state. Kansas Kids Fitness and Safety Day emphasizes the importance of being physically active in a noncompetitive setting and teaches safety skills to prevent injury.



Approximately 700 children participated in the event at Cedar Crest, which is one of two flagship sites, the other being Ft. Larned. Gov. Sebelius welcomed children, teachers and parents from 18 different schools to Cedar Crest by sharing her commitment to daily physical activity and inviting the children to come back and use the trail system incorporated into the grounds at Cedar Crest.

Athletes from Washburn University men's and women's basketball team led the group in stretching and warm up exercises. The children participated in different activity stations such as the parachute, buddy walking, team bocce, fling it, push ball relays, etc. to promote physical activity skills and teamwork.



Activities marked the celebration of National Safe Kids Week 2006 – "Safe Pools for Safe Kids". In addition to general physical activities, participants at Cedar Crest and other local sites tested their safety skills in interactive relays that included Stop, Drop & Roll, Dial 9-1-1 and BEEP BEEP (smoke detector test) as well as Safe Swim (life jackets) and Throw and Go (drowning safety).

The children at Cedar Crest enjoyed a healthy snack while they visited with Coastie, a robot in the form of a Coast Guard tugboat, who presented a water safety message. Statewide, all children received health and safety enrichment packets, jump ropes and hacky sacks to encourage physical activity.



Kansas Kids Fitness and Safety Day is sponsored by the Kansas Department of Health and Environment, the Kansas Council on Fitness and Safe Kids Kansas.